



Postoperative MOON Shoulder SLAP Repair Protocol

Phase I – Immediate Postoperative Phase “Restrictive Motion” (Day 1 to Week 6)

Goals: Protect the anatomic repair
Prevent negative effects of immobilization
Promote dynamic stability
Diminish pain and inflammation

Week 0-2:

Sling for 4 weeks
Sleep in immobilizer for 4 weeks
Elbow/hand ROM
Hand gripping exercises
Passive ROM exercises
Flexion to 60 degrees (Week 2: Flexion to 75 degrees)
Elevation in scapular plane to 60 degrees
ER/IR with arm in scapular plane less than 30 degrees
ER with arm at the side to 0 degrees
IR to 45 degrees
**NO active ER or Extension or Abduction
Submaximal isometrics for shoulder musculature
Start active biceps at week 2 but no resisted biceps contraction
Cryotherapy, modalities as indicated

Week 3-4:

Discontinue use of sling at 4 weeks
Sleep in immobilizer until week 4
Continue gentle PROM exercises
Flexion to 90 degrees at week 4
Abduction to 75-85 degrees
ER in the scapular plane at 30° abduction to 30 degrees
IR in scapular plane at 30° abduction to 55-60 degrees
**NOTE: Rate of progression based on evaluation of the patient.
No active ER, Extension or Elevation
Initiate rhythmic stabilization drills
Initiate proprioception training
Continue isometrics
Continue use of cryotherapy

Week 5-6:

Gradually improve ROM (OK to start AROM)
Flexion to 145 degrees at week 6
ER at 45 degrees abduction: 45-50 degrees
IR at 45 degrees abduction: 55-60 degrees
At 6 weeks begin light and gradual ER at 90° abduction – progress to 30-40° ER
May initiate stretching exercises
May initiate light (easy) ROM at 90 degrees Abduction
Continue tubing ER/IR (arm at side)
PNF manual resistance

Week 5-6:

Initiate Active Shoulder Abduction (without resistance)
Initiate “Full Can” Exercise (Weight of Arm)
Initiate Prone Rowing, Prone Horizontal Abduction
Ok to start biceps isotonic (light) at 6 weeks

Phase II – Intermediate Phase: Moderate Protection Phase (Week 7-14)

Goals: Gradually restore full ROM (week 10)
Preserve the integrity of the surgical repair
Restore muscular strength and balance

Week 7-9:

Gradually progress ROM:
Flexion to 180 degrees at week 9
ER at 90 degrees abduction: 90-95 degrees
IR at 90 degrees abduction: 70-75 degrees
Continue to progress isotonic strengthening program
Continue light biceps isotonic (light) at 6 weeks
Continue PNF strengthening
Initiate Throwers Ten Program

Week 10-12:

Full AROM allowed in all directions
May initiate slightly more aggressive strengthening
Progress ER to Throwers Motion
ER at 90 degrees abduction: 110-115 in throwers (Week 10-12)
Progress isotonic strengthening exercises
Continue all stretching exercises
**Progress ROM to functional demands (i.e. overhead athlete)
Continue all strengthening exercises

Phase III – Minimal Protection Phase (Week 14-20)

Goals: Establish and maintain full ROM
Improve muscular strength, power and endurance
Gradually initiate functional activities

Criteria to enter Phase III:

Full non-painful ROM
Satisfactory stability
Muscular strength (good grade or better)
No pain or tenderness

Week 14-16:

Continue all stretching exercises (capsular stretches)
Maintain Throwers Motion (Especially ER)
Continue strengthening exercises:
Throwers Ten Program or Fundamental Exercises
PNF Manual Resistance
Endurance training
Initiate light plyometric program
Restricted sport activities (light swimming, half golf swings)

Week 16-20:

Continue all exercise listed above
Continue all stretching
Continue Throwers Ten Program
Continue Plyometric Program
Initiate interval sport program (throwing, etc)

Phase IV – Advanced Strengthening Phase (Week 20-26)

Goals: Enhanced muscular strength, power and endurance
Progress functional activities
Maintain shoulder mobility

Criteria to enter Phase IV:

Full non-painful ROM
Satisfactory static stability
Muscular strength 75-80% of contralateral side
No pain or tenderness

*Ok to return to contact sports or heavy labor if above criteria met at 20 weeks.

Week 20-26:

Continue flexibility exercises
Continue isotonic strengthening program
PNF manual resistance patterns
Plyometric strengthening
Progress interval sport programs

Phase V – Return to Activity Phase (Month 6 to 9)

Goals: Gradual return to sport activities
Maintain strength, mobility and stability

Criteria to enter Phase V:

Full functional ROM
Muscular performance isokinetic (fulfills criteria)
Satisfactory shoulder stability
No pain or tenderness

*Ok to return to pitching if above criteria met and has successfully completed the interval throwing program with pain or recurrent symptoms.

Exercises:

Gradually progress sport activities to unrestrictive participation
Continue stretching and strengthening program